TWENTY KILLED ABOARD RUSSIAN SUB, PG8

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Going Green

David Suzuki on windmills & will power
pg 13

Tot found in park reunited with mother

MISSING A two-year-old boy wandering alone in a Glengrove Close SE green space Friday was reunited with his mother that evening after an apparent babysitting mix up.

Around 2:30 p.m. the boy, not wearing shoes or a jacket, was found crying by a nearby citizen.

At 5:45 p.m., the mother of the missing child called to report her child missing.

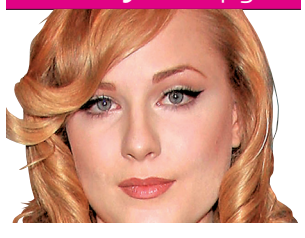
The mother was then brought to the hospital where the child had been taken.

A child care misunderstanding between the mom and relatives is believed to have led to the child walking away from the home with no supervision.

METRO CALGARY

Metro will not publish on Remembrance Day. The next edition will appear Wednesday.

Celebrity Buzz pg 18



Manson's ex clears rumour

Workology pg 15

How to avoid office bugs

ROBIN KUNISKI/METRO CALGARY

Calgarians like Stephanie Zacharias, 24, may decide it's easier to just throw recyclables away for $4 a month, rather than recycle for $8. Sustainable Calgary's Noel Keough figures the city has gotten its fee structure backwards.

Curbside recycling charges 'backwards'

Program costs taxpayers twice as much as garbage fees

NEIL MACKINNON
neil.mackinnon@metronews.ca

Noel Keough thinks Calgary's garbage and recycling fees might be backwards.

In Calgary's three-year proposed budget, the city expects to haul in $16,069,000 worth of garbage collection fees and $28,800,000 — almost double that — for its self-sufficient curbside recycling program.

Sustainable Calgary's senior researcher said it should be the other way around.

"I think it's a backwards way of looking at things," said Keough. "Instead of subsidizing waste, we should be charging for things that make sense, subsidize the recycling program with garbage fees."

While Calgarians will have to pay for both recycling and garbage either way, Keough said it could take years for a funding shift where garbage fees pay for the recycling program to take place.

"We could see that kind of change, that program transition in the lifetime of council, so say in three years," he said. "That would be nice, but on top of that, I think we also need to create a strategy for a zero-waste economy, where nothing really goes to waste."

"We'd like to see recycling for free and you pay for your garbage. It's just going to take a bit to get there."
Ald. Joe Connelly

Ald. Joe Connelly said while the optics of the situation aren't pretty, he expects within five years that reversal will happen.

"I'm not tremendously enamoured with this. We're certainly not taking the easiest way to get there, but we will get there," Connelly said. "At the end of the day, we'd like to see recycling for free and you pay for your garbage. It's just going to take a bit to get there."

ShareYourViews
calgaryletters@metronews.ca

City loses $500K on national gallery bid

NEIL MACKINNON
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FEDS The National Portrait Gallery won't be leaving Ottawa — a fact Mayor Dave Bronconnier said was puzzling and disappointing.

Calgary was considered a front-runner among bids from across the country to permanently move the Gallery from Ottawa, but citing economic sensitivities, federal Heritage Minister James Moore said no one would be getting it.

Bronconnier said the city is out the $500,000 it cost to put Calgary's bid together and he'll be sitting down for a debriefing to find out what the federal government was looking for.

"Our bid was rock-solid," said Bronconnier, noting a second-to-none location adjacent to Olympic Plaza. "We certainly felt that we not only met the requirements but exceeded it in terms of the total package being delivered ... if you truly want to display national artifacts in a strategic location with the lowest cost to government of Canada, this was it."

The Alberta government had pledged $40 million to either Calgary or Edmonton if they won the bid, and Bronconnier said he had found millions of dollars more from the private sector for transportation and education components.

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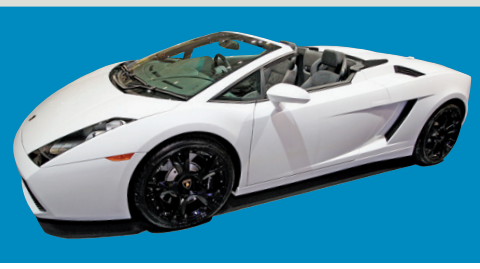
Investigators determine cause of $150,000 NW blaze
Careless disposal of smoking material is what fire investigators have deemed the cause of a blaze that gutted a home in the 100 block of Hidden Spring Gr. NW on Nov. 5. Approximately $150,000 damage was caused by the fire. METRO CALGARY

Local



Life in the fast lane

Witnesses are being sought after a white Lamborghini driving westbound on Highway 72 near Airdrie was nailed by Airdrie RCMP Nov. 7 for allegedly reaching speeds of 218 km/h in a 100 km/h zone. The male driver has been charged with careless driving. Anyone with information is asked to call Airdrie RCMP at 403-945-7228. METRO CALGARY

Memorials make drivers more cautious, says study

UNIVERSITY OF CALGARY
Roadside memorials keep people from blowing red lights, at least in the short term, according to research out of the University of Calgary Schulich School of Engineering.

While the study's author Richard Tay couldn't say exactly how long the effect lasts, the pioneering study found that people are more cautious and less likely to break the rules of the road when they encounter memorials at busy intersections.

"Roadside memorials deliver a very positive message and most people seem to get it because we viewed much lower incidents of people driving through red lights with them up and they seem to be just a little more cautious," Tay said.

Tay said he hopes his study will help guide possible legislation surrounding the memorials, including restrictions on where they may be placed and how long they can stay up for now that he's found no negative effects associated with them.

NEIL MACKINNON/METRO CALGARY

Eager for snowfall

KRISTA SYLVESTER
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While the dry roads are a good sign for city drivers, many skiers and snowboarders are champing at the bit for some white stuff to hit the hills.

Usually by Remembrance Day most major ski hills are open, but there hasn't been enough snow yet, according to the general manager of The Ski Cellar.

"The last couple years were really good for snow and we're hoping for the same this year. Now we're all just waiting for Mother Nature," Jean Hunt said.

She is hoping for snow this weekend but said in her 35 years of working in the industry, there were a few winters where the white stuff waited until December.

"It's kind of like when people wait for the snow on the ground to put winter tires on, people are just chomping at the bit waiting for some snow."

Including 29-year-old Danica Kern, who has been waiting for a few years to learn how to snowboard.

"I'm getting pretty anxious and excited waiting for the snow to come. I just want to get out there and learn," she said, adding she bought a few new accessories for the winter.

ROBIN KUNISKU/FOR METRO CALGARY

Rachel Porter, 25, and George Barnwell, 22, both visiting from England, hope the snow flies soon, as they looked at picking up ski equipment yesterday at the 20th annual Calgary Snow Show at the Roundup Centre.

Pilot dead after plane crashes

INNISFAIL The lone occupant of a Cessna aircraft died when the plane crashed close to the Innisfail airport yesterday.

Red Deer Search and Rescue and the Civilian Air Search and Rescue Association located a 61-year-old male pilot dead at the scene.

According to RCMP, the plane was reported overdue in its flight from Red Deer to Innisfail.

Heavy fog was reported in the area at the time of the crash. Transport Canada is conducting an investigation.

METRO CALGARY

metronews.ca
What's online today.

Watch a report on how authenticity trumps political correctness for military collectors at metronews.ca/canada

Read Guidy Mamann on sponsoring a common-law partner at metronews.ca/live

Lotteries

Friday, Nov. 7: Lotto Super 7 5, 7, 8, 27, 42, 44 & 46. Bonus 6 **Saturday, Nov. 8:** Lotto 6/49 2, 3, 19, 28, 36 & 45. Bonus 39
These results are not official.

Riverlands Preservation Society event postponed

A media event planned by the Riverlands Preservation Society regarding artificial turf football fields at Shouldice Park slated for today has been postponed due to upcoming revised plans for the fields. METRO CALGARY

Services across Calgary on Remembrance Day

LEST WE FORGET Those who died to protect the freedom of Canadians and those who continue to protect it will be remembered tomorrow across the country and around the world.

It has been 90 years since the end of the First World War, where more than 66,000 Canadian soldiers lost their lives and city residents will have a number of places to congregate in Calgary on Remembrance Day to honour our current and former soldiers.

Environment Minister Jim Prentice will be on hand at the Military Museums' ceremony that begins at 10:40 a.m. The Museum is located at 4520 Crowchild Trail SW and its exhibits open immediately following the service.

There are also services at the Jubilee Auditorium and the Memorial Park Cenotaph at the corner of 12 Ave. and 4 St. SW. Both begin at 10:30 a.m.

METRO CALGARY

Local art show canned

Scheduling conflict leaves 1,111 artists scrambling

NEIL MACKINNON
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Paul Hughes thinks it would be like the Calgary Flames telling kids to get out of the Saddledome.

Less than 70 days away from opening an exhibition of work from 1,111 local artists at the Art Gallery of Calgary, Hughes, the lead curator of the project intended to open city residents' eyes to art going on in their own back-yard, said the gallery has backed out.

"We were flabbergasted," Hughes said. "We've been working so hard on this thing and now, we're homeless and scrambling to find somewhere to hold this exhibition."

Hughes said some businesses have stepped forward and he might have to split the show into 11 different locations to keep with the theme and the gallery said scheduling conflicts forced them to withdraw.

ROBIN KUNISKI/FOR METRO CALGARY

Paul Hughes from the One art expo, expected to showcase 1,111 local artists, sits in front of one of the pieces that would have been featured in the show.

"The project was a great idea, would have been really great for community artists," said Art Gallery of Calgary senior curator Marianne Elder. "But at this time, due to a scheduling conflict, we're unable to proceed with the project."

Far from wallowing in self-pity, though, Hughes said a move away from an institutionalized setting might be a blessing in disguise.

"It has strengthened us as an organization," Hughes said. "It forces you to come up with creative solutions and we're still going to run with this, we're just not sure exactly what form it'll take yet."

Please recycle

Abandoned sites get city's attention

SAFETY The city has taken action against a high-rise condo development known as Manchester Station, to ensure the site and adjacent properties are safe.

A safety-compliance order with several conditions was issued for the site and according to a city release, the owner of the site failed to comply on all points.

The city has taken steps to complete the points of the order, charging the cost to the property owner.

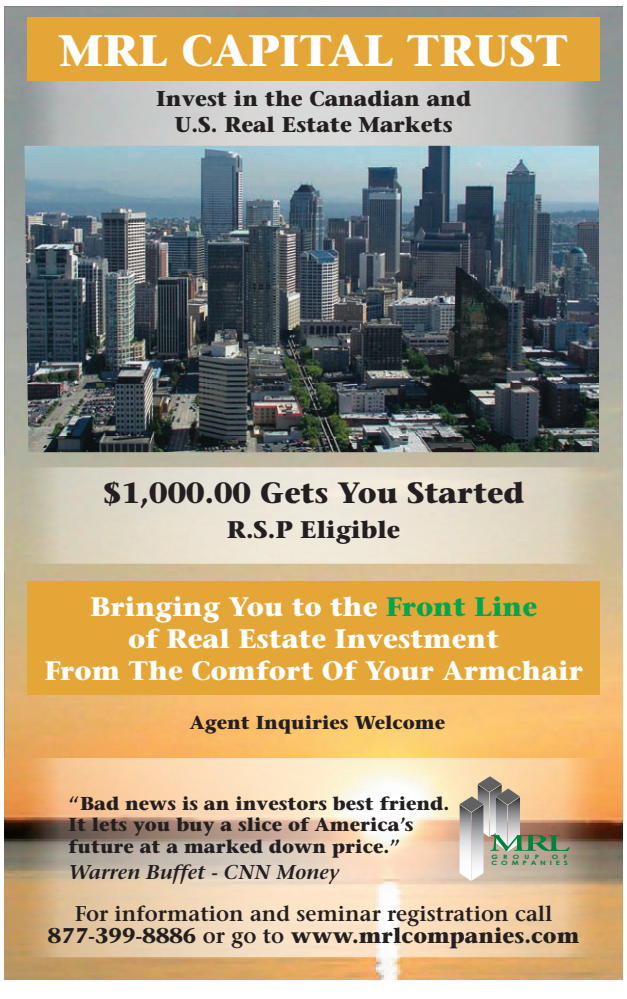
METRO CALGARY

News in brief

ACCIDENT Eight people were treated for injuries, including three men in their 20s, who were later transported to hospital, after what police suspect was a street racing incident Saturday. Two cars are believed to have raced from 25 Ave. to 36 Ave. on Macleod Trail south with one losing control, crossing the cement median and crashing into three cars at the intersection. Two men were charged in relation to the incident.

METRO CALGARY

* No purchase necessary. Legal age of majority in the province of residence. Rules and contest entry forms on cantoncanada.com



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Mount Royal celebrates International Education Week

Mount Royal College will host several activities Nov. 12 to 14 in celebration of this year's International Education Week. A fair trade coffee fair will open the week, this Wednesday from 9:30 to 11 a.m. METRO NEWS SERVICES

Urban Compass

An "Influx" of artists at Popped

UrbanCompass

With a bracelet resembling a string of gumballs and a necklace constructed from crayons on display, Influx Jewellery Gallery may look like a candy shop or a toy store.

It's actually a second-floor space in Calgary's Art Central downtown. Influx shows jewellery art like elegant gold pedants and simple silver earring pairs. But recently, something else has 'Popped' onto the display floor.

Pop Culture

"It just sounded like a good idea," says Influx's Shona Rae. She and her gallery partners chose the theme "Popped" for a special showing and asked Canadian and international artists to submit. "We expected we would get pop art."

Indeed, they did. Among the eye-popping submissions sits a neck piece called Pop Art Medallion, crafted by Calgary artist Jennea Frischke. Accented by a royal blue vintage chain, the pendant's garish colours — bright orange, yellow and purple — constitute perfect pop art. It sold before the exhibit even officially opened.

Pretty and Colour

Perhaps it's 22-year-old artist Melissa Pedersen's crayon neck piece that pops out to gallery browsers the most. Shona Rae says people who don't normally visit Influx are coming to sneak a peek. "They just love it. It's completely non-functional," she says.

Inspired by a prompt from an ACAD instructor, Pedersen says the necklace's colourful theme is "something everyone can relate to."

"The crayons are fun," says regular Influx patron Elvira Deeves, who popped by during Art Central's fourth birthday and the exhibit's opening. "But I'm not sure I'd wear it."

This statement leads Urban Compass to pop a few questions: If you can't wear it, what purpose does it serve?

And what is jewellery and what is art?

She wants candy: Influx gallery partner Devon Clark is one of the masterminds behind the "popped" theme. She's wearing Crayon Neckpiece by Melissa Pedersen.

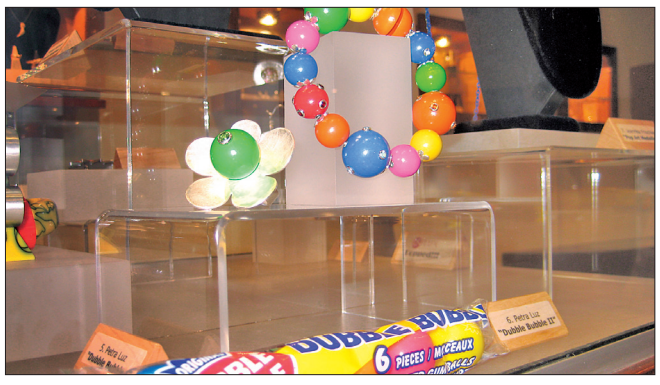
Pop Art

Frischke says this is a heated debate in art circles, but a piece should have a concept to be art. Shona Rae expands: "When it speaks to more levels than just pretty," jewellery becomes art, she says. For example, it should respond to social attitudes or conjure an artist's childhood memories.

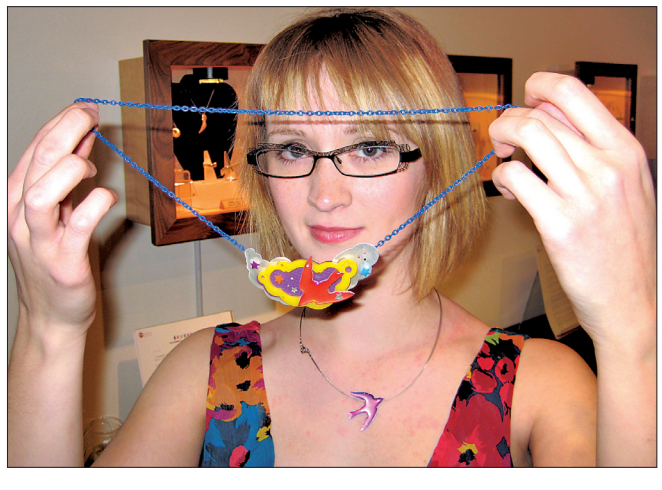
Pedersen's neck piece certainly has a concept, but that doesn't mean she thinks it's not pretty enough to flaunt. "I picture somebody in a black gown and the necklace is the centrepiece," she says. "It's definitely a special occasion piece." Popped is showing at Influx until Dec. 13.

PHOTOS BY HEATHER SETKA/FOR METRO CANADA

Classic cut: Influx partner Shona Rae shows off a pendant she made for the exhibit. Called Pod Pendant, it was inspired by a fond childhood memory of wildflowers in the Upper Fraser Valley.



Double Bubble: Swiss artist Petra Luz normally creates elegant gold and silver pieces. For Popped, she created this bracelet and ring from wood beads and delivered it to Influx in a bubble gum wrapper.



ABOVE: Pow! Artist Kimberly Johansen plans to create a line of rings, cuff links and other adornments using the old comic book style "fighting words." This brooch sold for $120.

LEFT: Vintage inspiration: ACAD grad Jennea Frischke found the inspiration for Pop Art Medallion in a vintage Peter Max scarf. It sold for $395.

Law student found guilty of manslaughter
A B.C. Supreme Court jury has found a university law student guilty of manslaughter in a stabbing death outside a country club in West Vancouver more than two years ago. Sasan Ansari, 29, had originally been charged with second-degree murder in the death of Joshua Goos, 27. **CBC NEWS ONLINE**

Canada

Prison Taser use on hold

The program aimed at introducing Tasers into Canadian prisons is on hold as authorities for the Correctional Services of Canada plan to assess two recent reviews of stun-gun use. The most famous of those reviews involved the death of Polish immigrant Robert Dziekanski, who died on Oct. 14, 2007, after being stunned by RCMP officers at the Vancouver airport.

METRO NEWS SERVICES

Harper set to meet premiers

A push for infrastructure spending and misgivings about Canada's equalization program will top the agenda today when Prime Minister Stephen Harper meets with premiers and territorial leaders to discuss the global economic crisis.

But don't expect quick fixes to the turmoil that is threatening Canadian jobs and investments.

That was the caution voiced by the Prime Minister's Office, which is billing this afternoon's political summit as an "exchange of ideas" in advance of Harper's trip to Washington next weekend to talk about the economy with G20 leaders.

"Obviously we are in a period of global economic instability. There are no easy solutions."
Stephen Harper

"Obviously we are in a period of global economic instability. There are no easy solutions," Harper told reporters on the weekend.

But premiers are coming to the meeting seeking action, including increased investments in infrastructure and aid for a battered manufacturing sector that has left thousands of people out of work.

TORSTAR NEWS SERVICE

Vimy **Remembering the fallen**

CHRIS WATTIE/REUTERS

A colour party marches away from the Canadian National Vimy Memorial following a Remembrance Day ceremony to commemorate members of the Armed Forces who have been killed since the First World War in Vimy, France, yesterday.

News in brief

CRISP Autopsy results on the body of a Barrie, Ont., teen found three weeks after he ran away from home reveal he died of injuries to his chest. A post-mortem examination on Brandon Crisp, conducted at Ontario's Office of the Chief Coroner in Toronto, shows the injuries are consistent with a fall from a tree.

CBC NEWS ONLINE

Popularity of poppies on the rise

REMEMBRANCE The poppy, Canada's flower of remembrance, has seen an upswing in popularity as the ongoing military action in Afghanistan "brings the punch home again," the administrator of the Vancouver Poppy Fund said yesterday.

While the actual number of poppies worn won't be known until the end of November, Jim Howard said he's seen more people on the streets with poppies and higher demand from the Royal Canadian Legion branches that he supplies.

Some branches outside of Vancouver, he added, have already run out of poppies. **METRO CANADA**

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Uruguay	7.9 ¢	Dominican Rep.	6.9 ¢
Venezuela	2.9 ¢	Mexico. from	2.9 ¢

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Bahrain	5.9 ¢	Kuwait	6.9 ¢
Egypt	14.9 ¢	Oman	17.9 ¢
Iran from	3.9 ¢	SaudiArabia from	3.9 ¢
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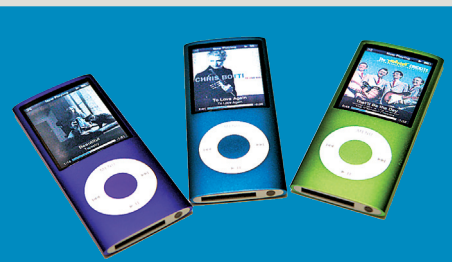
Technique tracks the spread of cancer cells

A technique using a tiny glass window implanted on the skin of a mouse allows scientists to track individual cancer cells as they spread and attack other parts of the body, according to a study published yesterday. Researchers hope it could one day play a big role in analyzing how well developmental drugs block cancer from spreading. **REUTERS**

World



Headphones harmful?

Headphones from iPods or other digital music players may damage hearing, but music lovers who have a pacemaker or an implanted defibrillator are better off keeping them in their ears. A small new study revealed that placing the ubiquitous ear buds or other headphones too close to the chest could interfere with the proper functioning of devices used to keep hearts beating at their proper rhythm. REUTERS

Obama to keep promises: Aide

The economic crisis will not stop U.S. president-elect Barack Obama from expanding health care, overhauling education and energy policy, and passing a middle-class tax cut soon after he takes office in January, a senior aide said yesterday

Meanwhile, Congress should act to ease the pain of an economy sliding into recession by extending unemployment benefits and boosting aid to states struggling to meet their health care obligations, they said.

Obama's transitional team has outlined an ambitious agenda for the next several months as it scrambles to assemble an administration in the face of what is widely viewed as the worst economic slump since the Great Depression.

The economic crisis will not prevent Obama from pursuing the priorities he outlined on the campaign trail, said John Podesta, co-chair of Obama's transition team.

These include extending heath care to the nation's 47 million uninsured and reducing U.S. reliance on foreign oil, Podesta said. REUTERS

Keeping it normal

- Barack Obama has said he is going to continue to try and keep his life for his family as normal as possible ahead of their move to the White House in January. He's been keeping the same routine of cooking breakfast for his kids and hitting the gym nearly every day.

Indonesia **Bali bombers killed**

DADANG TRI/REUTERS

A policeman stands guard in front of villagers during the funeral procession of Bali bomber Imam Samudra in his home village in Serang, West Java province yesterday. Thousands of Indonesians poured onto the streets for the funerals of three militants executed yesterday for the 2002 Bali bombings, causing some clashes between police and emotional supporters. The two explosions on Oct. 12, 2002 killed 202 people, including 88 Australians and 38 Indonesians.

Italian PM burned for suntan joke

FRANCE French first lady Carla Bruni-Sarkozy says she is glad not to be Italian any more after hearing Italian Prime Minister Silvio Berlusconi joke about U.S. president-elect Barack Obama's "suntan."

Carla Bruni-Sakrozy

Italian-born Bruni-Sarkozy, who wed French President Nicolas Sarkozy in February after a whirlwind romance, became a French national and lost her Italian citizenship after her marriage. She criticised Berlusconi for saying on Thursday that Obama, who will be the first black U.S. president, was "handsome, young and also suntanned." REUTERS

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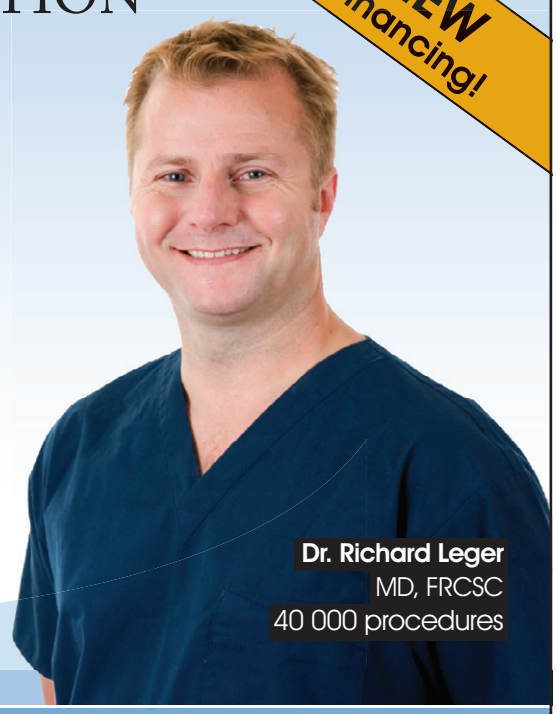

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Nuclear submarine deaths rock Russia

KREMLIN Twenty people were killed on board a Russian nuclear submarine, the navy said yesterday, in an accident that exposed the gap between the Kremlin's ambitions and its military capability.

20 The number of people who died on a Russian submarine yesterday. They are believed to have inhaled a toxic gas.

The accident, which happened while the submarine was on sea trials in the Pacific Ocean, was the deadliest to hit Russia's navy since the Kursk nuclear submarine exploded beneath the Barents Sea in 2000, killing all 118 sailors on board.

Prosecutors investigating the latest incident said they suspected the victims died after inhaling a toxic gas used as a fire suppressant when the vessel's fire extinguishing systems went off unexpectedly.

The navy did not identify the submarine. Russian news agencies quoted naval sources as saying it was the Nerpa, classified by NATO as an Akula-class attack submarine. REUTERS

News in brief

HAITI SCHOOL Rescuers at a collapsed school in Haiti are ending the hunt for survivors and will soon demolish the remains of the building, where at least 87 people were killed. Haiti, the poorest country in the Americas, is recovering from four tropical storms and hurricanes that killed more than 800 people and destroyed 60 per cent of its crops in August and September of this year.

PROTEST Several thousand people gathered in the Silver Lake district of Los Angeles on Saturday evening to protest a voter-approved ballot measure that bans same-sex marriage in California. A diverse crowd, estimated at 5,000, stretched for blocks, carrying signs and chanting against Proposition 8, a constitutional amendment that bars the state from recognizing same-sex marriages. REUTERS

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Comment & Views

Comment

Laughs not always easy

HineSight

Anne Hines

Years ago, my younger daughter, Becky, asked what I do for a living. I said I write humour about my life. Her lip trembled. "I don't want people laughing at my mother." I had to be honest. "Sometimes they don't."

The challenge of writing humour is there may be 50 ways to say something, but only one of them will be funny. I don't always manage to find it.

I was at a dinner party recently, sitting beside a woman who said, "I read your article in the Metro."

Me: Oh yes.

Her: It was about garbage sales.

Me: Garage sales?

Her: I didn't think it was funny.

I spent a half-hour trying to explain it to her. By the time I finished, it no longer seemed funny to me either.

"The challenge of writing humour is there may be 50 ways to say something, but only one of them will be funny."

People will acknowledge the authority of doctors, hairstylists and taxidermists. When it comes to funny, we all think we know best. You can tell someone they have no morals, no manners or no imagination, but suggest they've got no sense of humour and they'll really take offence.

Another challenge of writing humour is, I don't always feel funny.

Take, oh, I don't know, today for example. I'm with my older daughter, who's undergoing gender reassignment surgery. For those wondering what that is … well … when you fill out your medical form on arrival you tick off the "F" or "M" box. When you leave, you tick off the other one.

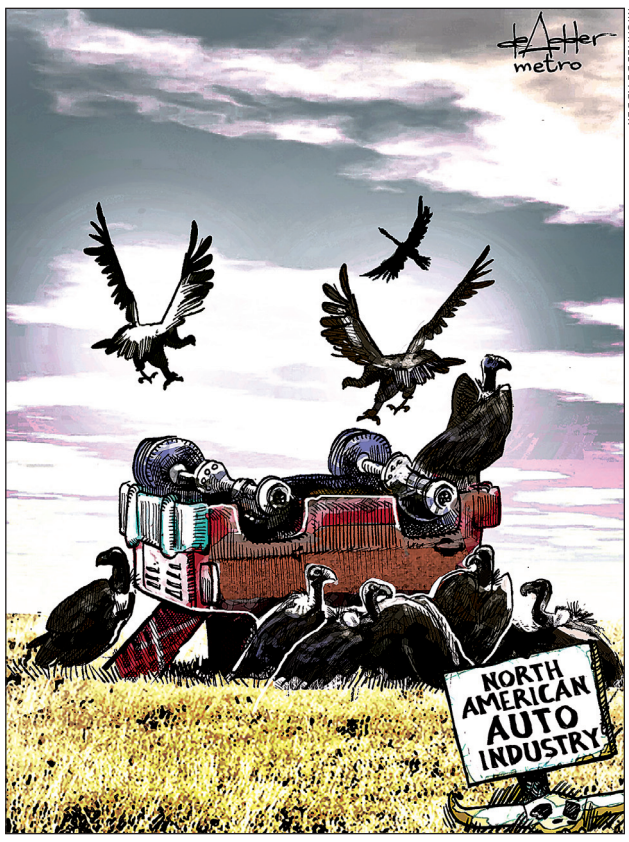
I spent today in a hospital hallway, sitting with my ex-husband, Michael, waiting to hear that our beautiful brave daughter now has, as she puts it, "a body her mind can make sense of." It was one of those times in life when I could have used a good laugh. Not because I needed entertainment. But because I needed to be reminded to hope.

I couldn't think of anything. What I did think was, "I wish they were more liberal about who could have those morphine drips," and "This is not exactly the way I pictured my life working out."

Procedure over, our daughter safe, well and comfortably asleep, we made our way out of the clinic. I noticed a nearby lawn sign. There was one of those plywood storks announcing the family had just had a baby. "Look, they had a boy," I said.

Michael answered, "Yes, well, they think that now." And, finally, we laughed.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



MICHAEL DE ADDER

Views

Healing is a long and complex process

By MONIA MAZIGH

Five years ago, on Nov. 6, 2003, my husband, Maher Arar, spoke publicly about his ordeal. I was sitting beside him at this press conference, listening to him describe the horrible conditions he endured for a whole year in a Syrian prison.

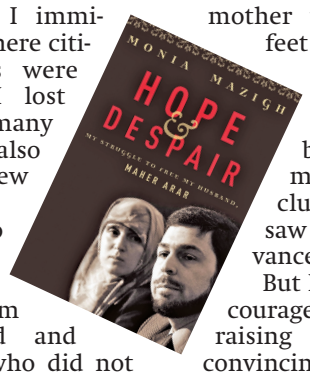
Upon his release in October 2003, I had one idea on my mind: Keep my family together and enjoy one another. But with every passing day, I came to realize that our lives had changed forever and that we can never change by switching to a "normal mode" with a press of a button. The healing cannot happen overnight — it is a long and complex process.

Last year, as part of this long process, I decided to write a book to speak about my life during the time my husband was in prison, but also to reflect

Monia Mazigh

on the meaning of events that happened to us as a family. After the events of 9/11, the world entered a new era, where suspicions, religious beliefs, travel, and business dealings can trigger a whole range of security procedures with terrible consequences, such as deportation, imprisonment, and torture.

The year Maher was in prison, I learned new things about myself, and also about Canada. I learned that in our weakest moments, we can strangely find strength. I also learned that Canada is no longer the idealistic country I immigrated to, where citizens' rights were respected. I lost hope in many people but I also found new friends. Friends who did not take our rights and freedom for granted and politicians who did not play the games of partisanship, but instead looked far and defended their vision of Canada.



Every day during that year I did something to bring justice to my husband and keep my faith in the democratic system, either write a letter to ministers or meet with organizations — all this helped me to keep hope that things would eventually change. While I was doing this, I had to raise my two children and face the hardship of finding a job. It was mainly my role as a mother that kept my feet grounded and gave me courage to continue a battle that many people, including myself, saw as lost in advance.

But I didn't get discouraged and I kept raising his case and convincing people around me that my husband Maher needed justice more than anything else. Eventually, I was heard and Maher came back to Canada. He came as a broken man, changed forever, and we had to learn to rediscover one another.

Monia Mazigh, who lives with her family in Ottawa, is the author of Hope And Despair: My Struggle To Free My Husband Maher Arar. The book launched in Ottawa Nov. 6.

Letters

Peter Balagus, CALGARY

Pet bylaws can be a frustrating item. Re: $350 for not scooping (Nov. 4).

From my experience, they are either not enforced because there is nobody to enforce them (so I wouldn't be too concerned about this one), or there are loopholes that render them ineffective and non-enforceable.

The latest piece of frustrating news is the move to impose $350 fines on dog owners for not scooping after their pet dog does it's "business."

Why is the city picking on dog owners again? When will fines be imposed and enforced on cat owners for not picking up after their precious Fluffy?

As a former dog owner, I don't really have a problem with Fluffy. I have a problem with Fluffy's irresponsible owner.

Adriaan J.W. Mak, LONDON, ONT.

Re: Abuse that breaks a child's trust. (Nov. 4).

I could not agree more with Dr. Catherine C. Classen when she states that the sexual abuse of children is wrong and damaging and may well leave more damage when that abuse is perpetrated by a trusted family member.

However, Classen unfortunately makes a serious error by basing her opinion on psychologist Jennifer Freyd's "betrayal trauma" theory.

Freyd's research in this area has not been corroborated by reliable longitudinal studies. The same is true about both the dated notion of repressed traumatic memory, which originated with Sigmund Freud, and the more recent disastrous diagnoses of multiple personality disorder.

Both the alleged recovery of repressed memories and the emergence of alter personalities in clients with mid-life problems have now been shown to be the result of highly misguided and suggestive psychotherapies.

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OPEC to cut supply if market unchanged: Iran
OPEC will cut oil output again if the trend towards lower prices and slowing demand growth are unchanged when the group meets in December, Iran's OPEC Governor Mohammad Ali Khatibi told Reuters yesterday. **REUTERS**

Business

Flaherty sees delayed benefits

Canadian manufacturers will eventually benefit from a sharp drop in Canada's dollar by encouraging exports to the United States, Finance Minister Jim Flaherty said in an interview with Bloomberg News, but in the short term, the volatility will disrupt planning by businesses.
REUTERS

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

New efforts to offset expected recession

China approved a huge stimulus plan yesterday worth nearly $600 billion US, part of a new global push by leading economies for measures to offset an expected recession in many countries.

China's official Xinhua news agency said the world's fourth-largest economy approved a $586-billion US government spending package between now and 2010, focused largely on infrastructure and social projects.

In Brazil, finance ministers and central bank governors representing 90 per cent of the world's economy said they would work on ways to fend off the backlash of the credit crisis, either through higher spending or further interest rate cuts.

World leaders meet in Washington next week to try to agree on what kind of measures their governments need to prepare in the coming months and to discuss the lessons learned from the credit crisis.

Emerging economies have demanded more of a voice in management of global finance that remains the preserve of rich G7 countries. **REUTERS**

Seeking reform

- In a communique, the G20 said it saw the need for comprehensive reform of the Bretton Woods institutions, such as the IMF and World Bank, "so that they can more adequately reflect changing economic weights in the world economy."

France **Farmers and their sheep stage protest**

JEAN-PAUL PELISSIER/REUTERS

Stockbreeders with thousands of sheep simulate a transhumance on the streets of Marseille yesterday. Sheep farmers from southeastern France demonstrate as they denounce the crisis affecting the ovine sector and to increase public awareness of the fate of stockbreeders.

Regulars roll back Tim Hortons visits

RETAIL Canadians still love Tim Hortons coffee, but they began visiting the outlets fast-food chain less often when gasoline prices spiked in summer, and now growing economic uncertainty is discouraging them, the company says.

Tim Hortons said it plans to introduce more value-priced combination meals and close up to 15 underperforming U.S. outlets, where the brand is less well-known, to boost sales and profits.

While the "Canadian business tends to be fairly resilient to economic downturns," even the most loyal customers are beginning to "ration scarce dollars," company head Don Schroeder said.
TORSTAR NEWS SERVICE

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Q&A

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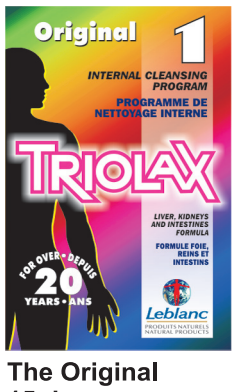

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Going Green

Oil and water don't mix

Each year, Canadians dump and spill the equivalent of seven Exxon Valdez tankers of used motor oil into Canadian waterways. If you change your own motor oil, don't pour it into the gutter, down a sink or drain, bury it or dump it. One litre of motor oil can contaminate one million litres of water, according to Greeniology: How To Live Well, Be Green And Make A Difference by Tanya Ha. METRO NEWS SERVICES

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

The answer is blowin' in the wind

ScienceMatters

David Suzuki & Dr. Faisal Moola

Energy underpins everything we do. Human societies have become increasingly complex, requiring ever larger-scale sources of continuous energy. Now, energy fuels not only our activities but our economies, as well. If we don't choose our energy sources wisely, we can do more harm than good.

Non-renewable energy sources such as fossil and nuclear fuels are not sustainable and have also taught us that technological advances often come at great cost. These fuels can never be a long-term solution because they will run out. They also create emissions that pollute our air, water and soil, and contribute to global warming or long-term radioactive-waste problems.

Renewable energy sources will not run out, and they don't cause the same kinds of environmental problems as non-renewable sources. But that doesn't mean we should adopt renewable energy without any forethought. Biofuels can create problems if fuel production comes at the expense of food production. And wind power, if not properly planned and sited, can harm birds and bats (although Danish studies of 10,000 bird kills revealed that almost all died in collisions with buildings, cars and wires; only 10 were killed by windmills).

"Renewable-energy technologies are creating employment and giving economies a boost around the world."

Alternative energy sources are absolutely necessary. Global warming will kill birds and bats, as well as other species, in much greater numbers than wind power. We just need good planning to ensure that our energy production is balanced with ecological concerns. And we need to believe in our ability to develop solutions.

The mental attitude that underlies the way we approach any challenge is a huge part of how well we deal with it, and it applies at national and global levels, as well. For more than 20 years, leading scientists have warned us that the dangers of runaway global warming are so great that we cannot continue along the same path. Yet the response (usually led by the fossil-fuel industry) has been, "It's junk science" or "It's too expensive; it will destroy the economy," or "It's impossible to meet the reduction targets." These kinds of reactions demoralize or paralyze society.

Renewable-energy technologies are creating employment and giving economies a boost around the world. Countries like Denmark and Germany started shifting to renewable energy sources after the OPEC oil embargo in the 1970s. Today, Denmark obtains 20 per cent of its energy from wind power and is aiming at 50 per cent by 2020. Germany obtains 14 per cent of its energy from wind, is the major exporter of wind technology, and has created more than 82,000 jobs in the wind sector, and more than 200,000 total renewable-energy jobs. Wind power has become the country's fastest-growing job creator over the past three decades.

Even the U.S. Energy Department has concluded that wind power could become the source of one-fifth of that nation's power by 2030, and other studies have shown that wind, solar and biofuel energy could create five million U.S. jobs by 2030.

The problem with making major inroads on the climate challenge is not a lack of solutions; it is a lack of will.

Take David Suzuki's Nature Challenge and learn more at www.davidsuzuki.org.

Dr. David T. Suzuki is a Vancouver-based award-winning scientist, environmentalist and broadcaster.

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Pettitte files for free agency

New York Yankees pitcher Andy Pettitte filed for free agency yesterday after repeatedly saying he hopes to return to the club next year. Yanks GM Brian Cashman said last week he wants Pettitte to return, but the 36-year-old said Friday he hadn't heard from the team. METRO NEWS SERVICES

Sports

Remember, the Titans are 9-0

Kerry Collins, left, threw for 289 yards and two touchdowns as the Tennessee Titans beat the Chicago Bears 21-14 yesterday to remain the NFL's only undefeated team, despite rushing for just 20 yards in the game. The Titans play the Jaguars next Sunday and the New York Jets Nov. 23. METRO NEWS SERVICES

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Flames take it on chin in Chicago

NHL RESULT

Flames 1 Blackhawks 6

VS

LAURENCE HEINEN
for Metro Calgary

THE SKINNY: After dropping a 3-1 decision in Columbus to the Blue Jackets on Saturday night, the Flames fared even worse in Chicago against the Blackhawks on Sunday.

THE YOUNG GUNS: The Chicago Blackhawks feature a host of great young players including last year's Rookie of the Year Patrick Kane, who scored once and added two assists. Meanwhile, Jonathan Toews tallied his first goal of the season and set up another, while Troy Brouwer and Kris Versteeg each chipped in with a goal and an assist.

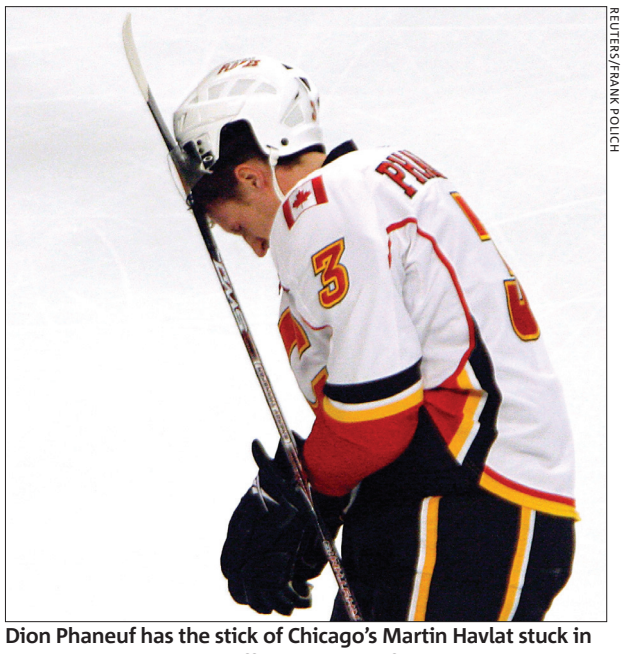
THE LONE GOAL: For the second straight game the Calgary offence produced just one goal, this time when Dustin Boyd sent a pass out front from behind the net that banked off of Chicago goalie Cristobal Huet and in late in the second period.

THE BACK BREAKER: After Boyd gave the Flames new life by narrowing the deficit to two goals, Toews and Versteeg scored 28 seconds apart early in the third to seal the victory for the Hawks.

THE QUOTE: **"That took the wind out of our sails,"** Brandon Prust told the FAN 960 after the setback.

THE AGITATOR: Prust dropped the gloves and fought with both Brouwer and Matt Walker in the third period and now has a league-high nine fights in 14 games this season.

THE NEXT GAME: The Toronto Maple Leafs make a visit to the Pengrowth Saddledome this Tuesday night (7:30 p.m., Sportsnet, FAN 960).



REUTERS/FRANK POLICH

Dion Phaneuf has the stick of Chicago's Martin Havlat stuck in his helmet as he skates off the ice in the first period last night.

SCOREBOARD

CFL

SATURDAY'S RESULTS
Edmonton 29 Winnipeg 21
B.C. 33 Saskatchewan 12

SATURDAY, NOV. 15 GAMES
EAST CHAMPIONSHIP
Edmonton at Montreal
WEST CHAMPIONSHIP
B.C. at **CALGARY**

CIS FOOTBALL

YESTERDAY'S RESULTS
DUNSMORE CUP
Laval 28 Concordia 17

SATURDAY'S RESULTS
YATES CUP
Western Ontario 31 Ottawa 17
LONEY BOWL
Saint Mary's 29 St.FrancisXavier 27
HARDY BOWL
CALGARY 44 Simon Fraser 21
SUNDAY NOV. 16 GAMES
MITCHELL BOWL
Saint Mary's at Western Ontario
UTECK BOWL
CALGARY at Laval

NHL

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San Jose at Phoenix
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Stamps believe they have edge at McMahon

DAN TOTH
for Metro Calgary

Wally Buono is more than just one of the most successful coaches in Canadian Football League history. After nearly four decades in the game he's also served up some of the best insights on what separates winners from losers, including his insistence that "only fools" think there is a home-field advantage in the playoffs.

Not surprisingly, Buono and his B.C. Lions need to string together some road wins to claim the Grey Cup this fall. His latest quote came just hours before the Lions knocked off the Saskatchewan Roughriders 33-12 in the West Division semifinal in Regina.

Although teams play all season to earn a home game in the playoffs, Buono's opinion is valid. His Lions eliminated the Riders' home-field advantage by taking an early lead and quieting the fans.

During his decade-plus reign at the Calgary Stampeders' boss, Buono's teams won just two of five West Finals after earning the bye to the division showdown at home.

Despite Buono's words, the 2008 Stampeders insist facing the Lions in the West final at McMahon Stadium next Saturday provides Calgary with an edge.

"When you're the team with home-field advantage and you start playing really well, the fans jump on board and it becomes and extra obstacle for the other team to overcome," argues defensive lineman Randy Chevrier, who won a West Final on home field with Edmonton in 2003.

"On game day, when momentum swings to the home team's favour, home-field advantage could really push you to the edge."

Pilon

En route to posting a 13-5 record this season, Calgary earned an impeccable 7-2 mark at home. They have beaten the Lions in all three meetings this season, including twice at McMahon Stadium.

But other than having 30,000 emotional fans on your side, home-field advantage provides an intangible that's hard to define.

"If I could patent it I'd sell it and retire," chuckled o-lineman Jeff Pilon, when prodded for the secret.

"You always want to play at your own park. You have the 13th man on your side and hopefully the fans cheer loudly enough that it makes it hard for the opposition to hear anything. McMahon is a great place to play."

How the economic decline is affecting the University of Toronto
Late last month, higher-ups at the University of Toronto announced its endowment fund has experienced a decline and the university is not currently able to assess how the economic decline will affect its ability to borrow in the future. METRO NEWS SERVICES

Workology

Fight for wood

The Friends of the UNB Woodlot are protesting development on woodlands owned by the University of New Brunswick. The university is leasing some of the property for commercial development, but will preserve much of the land as natural green space. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Break free from the flu virus

ROBYN YOUNG
for Metro Canada

You know that guy who sits two cubicles away and has been coughing and hacking all over his keyboard for the last two days?

First of all, he should be at home in bed and second, you should stay at least three feet away from him at all times: The flu virus won't make it beyond that distance even in the most explosive sneeze.

As flu season forces itself upon us once again and germs run rampant throughout poorly ventilated offices, two influenza experts say there are some simple ways to avoid contracting the nasty little bug.

"Get your flu shot," says Dr. Irene Armstrong, an associate public health medical officer.

And don't be afraid the shot will make you sick, she said.

"Get your flu shot ... The flu shot cannot give you the flu; there's no live virus in the vaccine." Dr. Irene Armstrong, associate medical officer

"The flu shot cannot give you the flu; there's no live virus in the vaccine."

Dr. Susy Hota, infectious diseases specialist with University Health Network, says except for people with special health conditions, everyone should get the shot.

"It protects you from getting sick, but it also protects the people who are the most vulnerable around you from getting sick," she said.

Aside from getting the flu shot, there are a number of additional steps you can take to avoid contracting the virus says Armstrong.

"Handwashing, handwashing, handwashing," she said emphatically.

Wash your hands frequently using soap and water, scrubbing them for at least 15 seconds and rinsing well, she said.

Then use a paper towel to dry them off, turn off the taps and turn the handle of any public washroom door.

Of course, alcohol-based hand sanitizers also work to kill bacteria but that's only if there's no visible dirt on your hands, she added.

And remember to keep your hands away from your mouth, eyes and nose, she said.

Viruses are easily transferred through these mucus membranes.

Hota suggests being vigilant about keeping your work surface clean.

And if you know you are under the weather with either a cold or flu?

"Don't go to work," said Armstrong.

It's as simple as that, she said; you're not doing anyone any favours by dragging your virus-riddled body to the office where the flu can spread like wildfire among your colleagues.

During recovery period, which Armstrong says can last anywhere from two to seven days, be sure to drink lots of fluids, get plenty of rest and stay away from others — especially those with compromised immune systems.

Both doctors recommended Tylenol for relief of fever, aches and pains associated with the flu and both said good, old-fashioned prevention through hygiene and the flu shot is the best way to steer clear of the flu this season.

As for the effectiveness of popular herbal remedies like Cold FX or Echinacea, both reserved comment.

"I'm not aware of studies that actually show they have a well-studied benefit," said Armstrong.

PHOTO SUBMITTED

The flu shot is the best way to steer clear of the flu this season.

Cold and flu facts

- Infants under the age of six months should not get the flu shot.
- People who should definitely get the flu shot are pregnant women, anyone over the age of 65, children under two years, or those who have compromised immune systems.
- Coughing or sneezing into your sleeve rather than your hand is an easy way to avoid spreading the virus.
- An estimated 4,000 to 8,000 Canadians die of flu complications every year.

Making a difference with prosthetics

OddJobs

Diane Peters

"Wouldn't it be neat if you built an MP3 player into my leg?" the 14-year-old boy said to Bryan Steinnagel.

"We've been waiting for someone to ask for this!" Steinnagel replied. The 37-year-old prosthetist from Bloorview Kids Rehab in Toronto and his team of technicians got to work making the boy an artificial leg that integrated his music player and let him plug his headphones in at the hip.

Most of the time, clients just need a plain leg. Some were born without one, or they've lost a limb because of an accident or cancer. Steinnagel meets with them and their families to talk about their lifestyle and hobbies. He then takes a plaster cast of their remaining limb — to get the fit right — and sketches out the rest of the leg.

Using fibreglass, plastic resin and other materials, the team creates some parts of the leg, and orders others (knee joints and feet are particularly hard to make).

Clients test the leg for two weeks, then Steinnagel makes modifications and uses foam core and fibreglass to hide all the connecting parts and "make it pretty." For some, that means dressing it up with crazy fabric or flame decals.

The process takes just over a month, and costs between $10,000 and $50,000, some of which is covered.

Steinnagel first heard of this career when he met a prosthetist at a job fair in university. Born in Hamilton as the son of a carpenter, he got into art in high school and studied physical education in university. The prosthetist told him the profession integrated tools, creativity and knowledge of the human body. He had experience with all three. "I can do that," he thought.

In Canada, there are just three schools that train prosthetists and orthotists (who make braces and splints) and the program at George Brown College in Toronto accepts only eight students a year. It took Steinnagel three tries.

He'd been working as a certified prosthetist for five years when the job came up at Bloorview. It was unique to work with kids; most amputees are older people with vascular disease or diabetes.

"It was very different," he recalls. Their emotional responses to getting an artificial leg were often intense.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Prosthetist
Salary: $50,000 to $80,000
Best Part of the Job: "Working with the team here. They are so smart, they are so creative and we play off each other."
Worst Part of the Job: "When people are here due to disease and when that illness takes hold, it's pretty damn sad to see them deteriorate."

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SOURCE: NADbank Fall 2007/Spring 2008 Survey, read yesterday; BASE: Montreal, Ottawa-Gatineau, Toronto, Edmonton, Calgary, Vancouver; CMA 18+

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Two-hour premiere for Lost
ABC insiders say that the fifth season of the Emmy-nominated Lost will premiere with a two-hour event on Jan. 21, at 8 p.m. EW.COM

Entertainment

Whoopi on Mars
Comedienne Whoopi Goldberg is in for a gender-bending new role — the actress has been cast to play a man on a new episode of U.S. TV drama Life On Mars. IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

●●●●● INSPIRED; ●●●● VERY GOOD; ●●● PALATABLE; ●● HO-HUM; ● NEVER AGAIN

weekend box office

1. **Madagascar: Escape 2 Africa:** $63.5 million US
2. **Role Models:** $19.3 million
3. **High School Musical 3: Senior Year:** $9.3 million
4. **Changeling:** $7.3 million
5. **Zack and Miri Make a Porno:** $6.5 million
6. **Soul Men:** $5.6 million
7. **Saw V:** $4.2 million
8. **The Haunting of Molly Hartley:** $3.5 million
9. **The Secret Life of Bees:** $3.1 million
10. **Eagle Eye:** $2.6 million REUTERS

Kick back at the Heartland

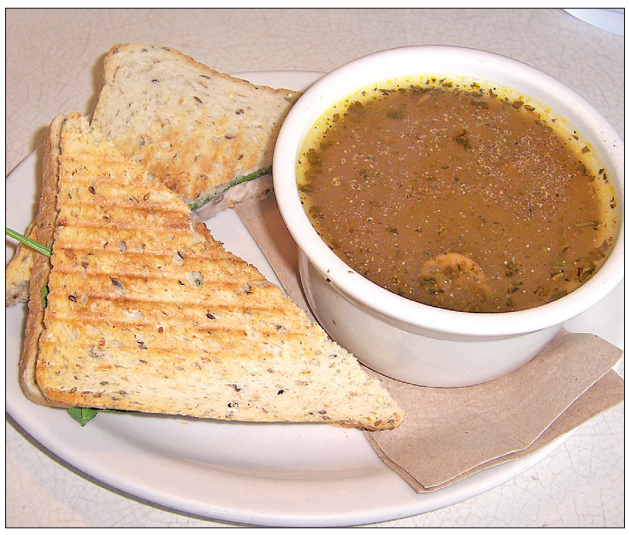
LunchRush

Blaine Schlechter
blaine.schlechter@metronews.ca

Heartland Café
825 1st Ave NE
Hours of operation: Mon. to Fri. (8 a.m. to 8 p.m.), Sat./Sun. (8 a.m. to 5 p.m.)
Rating: ●●½
Price Range: $ (out of 5)
Reservations: NO
Client negotiations: NO
Lunch w/ co-workers: YES
Social Lunch: YES
Quick solo lunch: YES
Time in: 12:28 p.m.
Ordered: 12:34 p.m.
Food arrived: 12:44 p.m.
Time out: 12:56 p.m.
Total time: 28 minutes
Low $: Soup and a roll, $5.25 **High $:** Salad and a sandwich/chili/Panini combo, $12.95 **Lunch:** One menu, mostly lunch items.

So I'm driving towards downtown trying to decide where to take the Lunch Rush next when suddenly I get an intense craving for a nice soup and sandwich. I turn towards trendy Bridgeland because, hey, it's trendy and must have a good soup and sandwich restaurant. The first establishment of this type I came across was the Heartland Café.

For the most part the Heartland Café has the ambience of a coffee shop more than a restaurant. The décor is open and the ambience lively. The menu is primarily made up of a variety of homemade soups, salads, sandwiches and Panini's with a sprinkle of entrées, such as lasagna, thrown in. I choose the soup and Panini combo ($11.95) consisting of the Chicken Waldorf Panini and Mushroom Barley Soup. While I was craving a sandwich the selection was limited, therefore the Panini filled in. The food was tasty but standard. It also didn't quite satisfy my craving the way I was hoping it would have.



The soup and panini combo ($11.95) included the Chicken Waldorf Panini and Mushroom Barley Soup.

If you're in the market for a good coffee and snack or a place to kick back for a bit the Heartland Café will not disappoint. The meals are light, the homemade desserts looked very tempting, and the atmosphere was casual. But as per usual with coffee shops they are made to waste away the time over conversation or a good book. For that reason I would recommend the Heartland Café for a day off, a personal sick day or even a weekend breakfast visit.

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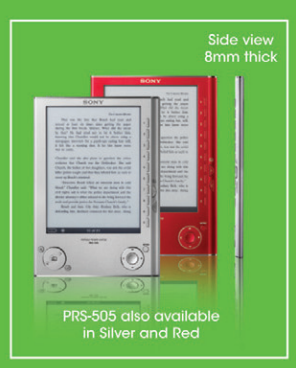

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No show for Robin
Batman's sidekick Robin has had his own TV show cancelled before it has even begun because "the concept doesn't fit the current strategy for the Batman franchise," the CW says. The Graysons was to explore Robin's alter-ego Dick "DJ" Grayson before he paired up with the caped crusader. **IMDB.COM**

Michael Jackson back at No. 1

MUSIC Thriller is still racking up weeks at No. 1, more than 25 years after its release. Michael Jackson's monster smash has jumped 40 places to No. 1 on Billboard's Top Pop Catalog Albums with sales of 31,000 copies in the week ended Nov. 2.

GETTY IMAGES
Jackson

Sony BMG prepared a special version of the album for Apple's iTunes store, which offered the release for just $4.99 US last week. As a bonus — especially appealing to those in the mood for something scary to watch on Halloween — the download included the landmark music video for the title track.

Of the the album's overall 28,000 unit gain, 99 per cent was made up of digital downloads. So far this year, the title has spent 11 weeks atop the Catalog chart, thanks mostly to its 25th anniversary reissue earlier this year. The set is 2008's top-selling catalog album. **REUTERS**

The writing of Schindler's List

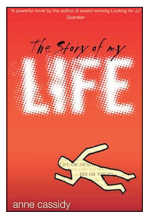
Searching for **Schindler**

Author: Thomas Keneally
Publisher: Random House
Price: $28.00 (Hardcover)

If you enjoyed the Holocaust survival book Schindler's List, Searching for Schindler gives you the story behind the story.

In this memoir, author Thomas Keneally recounts how he pursued the triumphant story of Oskar Schindler — who helped free over 1,000 Jews during the Holocaust — beginning with the time he learned about Schindler from a Beverly Hills luggage shop owner in 1981.

The memoir unfolds as the pair travel the world, hearing the stories of those saved by Schindler and closing with reflection on adapting the book to the Best Picture-winning Steven Spielberg film.



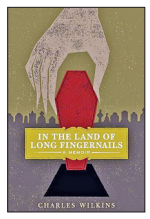
Story of **My Life**

Author: Anne Cassidy
Publisher: Scholastic Canada
Price: $10.99 (Paperback)

Kenny Harris' new friend Mack has a dangerous past. When Kenny learns about a horrendous crime his friend committed just a few years ago, the friendship is thrown startlingly into question. After witnessing another of his savage crimes, Kenny finds Mack turns quickly from friend to foe.

Mack sends Kenny to complete a mission for him, but with his girlfriend and family on the line, will Kenny be able to take on the task? In this young adult novel, Kenny must face up to major risk and potentially life-changing consequences.

BookPicks



In the Land of **Long Fingernails**

Author: Charles Wilkins
Publisher: Viking Canada
Price: $32.00 (Hardcover)

Does the thought of working in a cemetery send chills down your spine? It should. In Charles Wilkins' candid new memoir his employment as a gravedigger at a suburban Toronto cemetery in 1969 is relayed with no stone left unturned. Wilkins recalls the many bizarre experiences he had while tending to the dead, from finding a calf instead of a corpse inside a coffin through hearing subterranean voices. With nails of humour throughout, the book brings to life the characters and quirks that are part and parcel of a truly odd job. **BRIAN COULTON/ FOR METRO CANADA**

For a review of the new film Soul Men, visit metronews.ca/movies

IntelleVision

Read today's column at metronews.ca

Rush Hour director may take on Conan

FILM Rush Hour director Brett Ratner is in final negotiations to take on literature's most famous barbarian. Over the past few weeks, Ratner has been considering signing on to direct a 21st century update of Conan, even as he pushes another high-profile project — a fourth instalment of the Beverly Hills Cop franchise — toward a greenlight at Paramount. The latter film is still likely to go into production first.

Ratner jived to the Conan script by Sahara duo Joshua Oppenheimer and Thomas Dean Donnelly, who looked to Robert E. Howard's original pulp stories of the 1930s to create their take on the brawny brigand. **REUTERS**

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
11/10/08 primetime	267	351	- ACCESS	Help TV		The Mentalist (HDTV) (N)		Sarah Connor Chronicles		Two/Half Men	Samantha Who	Help TV
	243	317	3 CFCN	etalk	Hollywood	CSI: Miami (HDTV) (N)		Dancing With the Stars			Corner Gas (N)	News (N)
	-	-	4 BROAD	(4) Broadcast News News.		Broadcast News News.						
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Dancing With the Stars (HDTV)			Samantha Who	Boston Legal
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Dragon's Den (N)		The Border (HDTV) (N)		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	Prison Break (HDTV) (N)		My Own Worst Enemy		Heroes "Villains" (N)		News Hour
	246	-	8 CKAL	Law & Order: SVU		Celebrity Fit Club		Chuck (HDTV) (N)		Curb-Enthsm	Less-Kind	Your City
	119	705	9 CBXFT	Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)		Hauts		Le Téléjournal (N) (SC)		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors		Big Bang Th	How I Met	Two/Half Men	Worst Week	CSI: Miami (N)
	-	374	14 KSPS	NewsHour With Jim Lehrer		Jack Benny	'Allo, 'Allo!	Antiques Roadshow		American Experience: 1929		Journey-Palom
	502	390	15 CBC	CBC News: The National		Prince William-Prince Harry		CBC News: The National		CBC News: The National		William-Harry
	-	370	16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Chuck (HDTV) (N)		Heroes "Villains" (N)		Worst Enemy
	-	373	22 KAYU	The Simpsons	The Simpsons	Two/Half Men	Two/Half Men	Sarah Connor Chronicles		Prison Break (HDTV) (N)		News (N)
	297	652	37 WPIX	One Tree Hill (HDTV) (N)		CW11 News at Ten (N)		Two/Half Men	Friends	Sex and-City	Will & Grace	According-Jim
news	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
sports	400	400	21 TSN	(6:30) NFL Football San Francisco 49ers at Arizona Cardinals.					SportsCentre		Hockey Hall of Fame Induction	
	408	418	27 net	NHL Hockey	Sportsnet Con.	Red Bull: Air Race		Hockey Central	Stamps TV	Sportsnet Connected		Best-Sports
	410	403	30 SCORE	(7:15) WWE Monday Night Raw				(9:15) Score Tonight		WWE Monday Night Raw		
	411	457	44 OLN	Mantracker		Departures		Pilot Guides		Don't Forget Your Passport		The Academy
	417	406	48 SPEED	NASCAR Confidential (N)		Barrett-Jackson		Pinks (HDTV)	Pass Time	This Week in NASCAR		NASCAR Conf.
family	552	543	20 YTV	Drake & Josh	iCarly	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Fresh Prince	Futurama	Prank Patrol	Mystery Hnt.
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Naturally Sadie	Han. Montana	Life Derek	Ned's School
	555	545	67 TOON	6teen (DVS)	Total Drama	George-Jungle	Bugs Bunny & Tweety Show		Wayside	Johnny Test	Futurama	American Dad
cable variety	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Gone Country		Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	(8:02) Boston Legal		Name Is Earl	How I Met	How I Met	Worst Week	News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	House	Style by Jury	Will & Grace	Friends	How Clean	House	Love It or List It (N)		Real Est
	521	560	24 TLC	Jon & Kate Plus 8 (N)		17 Kids-Count	17 Kids-Count	Little People	Little People	Jon & Kate Plus 8		17 Kids-Count
	603	561	25 FOOD	Good Eats	Ace of Cakes	Kitchen Nightmares		Restaurant Makeover		Challenge		Good Eats
	615	520	26 A&E	Intervention "Marie"		I Survived		The First 48		Intervention "Chuckie"		Intervention
	617	522	32 SHOW	Prime Suspect 6: Last Witness		Love-Death	Love-Death	Painkiller Jane		Kenny-Spenny	Rent-A-Goalie	Name Is Earl
	601	562	33 SLICE	Beautiful	Party Mamas	Project Runway		Til Debt-Part	Newlywed	Beautiful	Party Mamas	Runway
	-	633	34 ENC2	(7:10) *Malice* ★★ (1993, Suspense) Alec Baldwin.				*Final Analysis* ★★★ (1992, Suspense) Richard Gere.				*Disclosure*
	520	505	35 DISC	Dirty Jobs		Canada's Worst Driver		Daily Planet		Dirty Jobs		Worst Driver
	620	523	36 BRAVO	(6) Ballet Ruse		Bravonews	Chimeras	Law & Order "Juvenile"		Without a Trace		Signif. Others
	294	650	40 WPCH	(6) *The Peacemaker* ★★ (1997, Action)			Family Guy	Family Guy	Seinfeld	*The Peacemaker* ★★ (1997, Action)		
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Iglesias: Fluffy
	-	539	42 TCM	(6) *Stand by for Action*		*Mutiny on the Bounty* ★★★★ (1935, Adventure) (DVS)				(10:15) *Jamaica Inn* ★★ (1939, Adventure)		
	628	584	43 SPIKE	*Without a Paddle* ★★ (2004, Comedy) Seth Green.				UFC 91 Countdown (N)		CSI: NY (HDTV)		Trek: Voyager
	522	516	45 HIST	The Battle of Medak Pocket		NCIS "Call of Silence"		Underground War		Underground War		NCIS
	627	528	46 SPACE	Battlestar Galactica		Eureka		Stargate SG-1 (DVS)		Lost "Fire Plus Water"		Deep Space 9
	-	-	47 AMC	(6) *Philadelphia* ★★★ (1993, Drama) Tom Hanks.				*Philadelphia* ★★★ (1993, Drama) Tom Hanks, Denzel Washington.				
	619	525	49 TROP	News Show	News Show	TV Made, Do It	Very Bad Men		What Happen?	Make or Break	TV Made, Do It	Planet Soap
	600	564	50 HGTV	Property Virgin	Marriage	Income Prop.	House Hunters	Holmes on Homes		Property Virgin	Marriage	Income Prop.
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Berman's Call	Money Talks	Squeeze Play
	526	507	92 VIVA	The West Wing		Truth, Duty, Valour		Mediums	In Dreams	Judging Amy		Commander
	269	350	93 APTN	MYTV	The Mix	La Voix Mechif	Metcom	Nedaa: Your Eye on the Yukon		Suaangan	Sharing Circle	Cowboy C'try
	-	-	94 MCP	(6:30) News	News	Matchmaker	Mom's-Upset	It Will Be Difficult to Love		Marimar		Pinoy-Entertain
	571	581	100 MMM	Coolio's Rules		Parental Advis.	Revival	Party of Five		Parental Advis.	Revival	Party of Five
	570	580	101 MM	50 Cent: Money and Power		MuchNews	The NewMusic	MuchVibe		You Can Dance		Dance
	581	566	102 MTV	Super Sweet	The Hills	The Hills	After Show	MTV Live	MTV News	Man and Wife	The Hills	The Hills

critics' corner

The Border
It may not specifically reference a certain breakaway sect of a certain Utah-based religion, but it's not hard to figure out which headlines this new episode is ripped from. Gray (Graham Abbey) meets his match while investigating a religious sect that's moving underage girls across the border to wed. James McGowan, Sofia Milos and Nazneen Contractor also star in "Articles of Faith."
9 PM on CBRT

Boston Legal
Sometimes defending yourself comes at a price. This week, Jerry (Christian Clemenson) insists on defending himself in court when he's accused of aggravated assault after a run-in with a bully. Apparently turning the other cheek and kicking someone's butt are mutually exclusive. 8:02 PM on CHTV; 11:02 PM on KXLY

Afternoon of the Chimeras
So you think dance is boring? This film may change your mind. The cliffs, tide pools and other natural features of Haida Gwaii, the island cluster off northwestern British Columbia, are the stage on which dancers transform themselves through movement into such mythical creatures as centaurs and minotaurs. 8:30 PM on BRAVO

SATC sequel in talking stage: Parker

Actress Sarah Jessica Parker says a sequel to Sex and the City: The Movie is still in the talking stage. Her announcement came after co-star Kim Cattrall seemed to hint that the follow-up film was a done deal. **PEOPLE.COM**

Celebrity Buzz

Wood tired of Manson rumour

RELATIONSHIPS Evan Rachel Wood is sick of the false reports circulating about why she and Marilyn Manson broke up, People.com reports.

"Manson and I both decided to take some time apart so we could concentrate on work. Someone used that opportunity to kick us while we were down and sell a completely false story," the actress said in a statement.

Stories of the couple splitting in a bitter fight over Wood's brother Ira, who had been living with the pair, getting kicked out of the guest house by Manson started popping up this week.

"Manson owns the house he lives in. My brother has never stayed there and the person that said such horrible things about Manson being 'controlling' and 'emotionally abusive' is certainly no source 'close' to me," Wood says. "Manson has been by my side and taken care of me through the best and worst times. I love him as a person and as an artist. I will always be proud to have been a part of that.

"If any more attacks are made on us, it is the act of a desperate, selfish person, who is angry to no longer be a part of my life. No further comment will be made and we request our privacy at this time."

Manson and Wood began dating in December 2006.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Cyrus hates sharing bathroom with boys

PEOPLE Miley Cyrus has vowed never to get married, femalefirst.co.uk reports.

The 15-year-old singer/actress doesn't want to tie the knot because she hates sharing a bathroom with the opposite sex.

"I'm never getting married because I can't take sharing a bathroom!" she says. "There were five of us on the tour bus recently and we all shared one bathroom. I shared it with three boys, included my dad. It was horrible. I'd have all my makeup out and someone would put their toothbrush on top of it. That's disgusting! Then my brother used my toothbrush to comb his eyebrows one day. I was like, 'This is getting seriously ridiculous. I'm getting my own bus because I can't handle this!' "

Cyrus also revealed her celebrity status used to intimidate prospective suitors.

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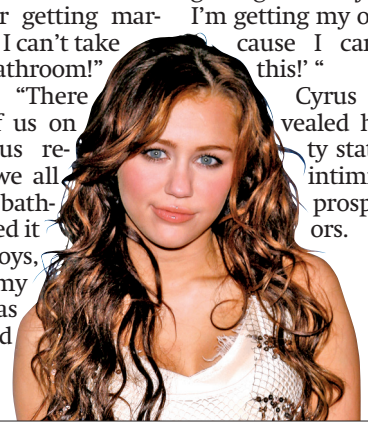

Kidman doesn't want nanny

FAMILY Nicole Kidman is refusing to hire a nanny to look after her baby daughter Sunday Rose, even if it jeopardizes her acting career, imdb.com reports.

The actress is besotted with the four-month-old, whose dad is Kidman's husband, country star Keith Urban, and can't yet bring herself to leave her alone for a second. But she admits she will have to let go eventually, or face retiring from acting altogether.

METRO NEWS SERVICES

Drew's beau is face of K-Swiss

NEW GIG Actress Drew Barrymore's reported new beau Ed Westwick has signed on as the new face of footwear brand K-Swiss, imdb.com reports.

Gossip Girl star will appear in a new TV and print campaign for the trendy sports shoe company which will launch in February, according to E! News Online.

The 21-year-old

METRO NEWS SERVICES

Macpherson to quit modelling

CAREER Elle Macpherson is retiring from modelling, femalefirst.co.uk reports.

Macpherson says she believes she is getting too old to walk down catwalks, and thinks it is time to leave that part of her life behind.

"I think I am a bit too long in the tooth to go back to all that," she says of strutting down a runway. "I think of myself more as a businesswoman these days."

She is now set to concentrate on her lingerie line Elle Macpherson Intimates.

METRO NEWS SERVICES

Lewis wants to get married

PEOPLE Leona Lewis can't wait to get married, femalefirst.co.uk reports.

The 23-year-old singer, who has been dating electrician Lou Al-Chamaa since she was 17, is looking forward to settling down with her boyfriend and starting a family.

"Of course I want to marry and have children. I would like to have babies and adopt. But it depends what happens," she said.

METRO NEWS SERVICES

FameThrower

Joe O'Neill

Joe's take on celebrities

Ever run into somebody you used to work or go to school with and they start talking to you and you can't quite place them? That's what I feel like every time I come across **Marilyn Manson**'s name. My theory is that, just as with fat white guys on Saturday Night Live, at any given time there can only be one super-edgy goth entertainer who represents everything that a talent agency executive assumes would frighten your grandmother. Right now, that guy is **Criss Angel**, but it used to be Marilyn Manson.

Wood just wants us all to know that Manson has taken her "through the best and worst times" since they began dating way back in 2006, and that she's proud of her contributions to his artistic oeuvre. That would consist of his 2007 album Eat Me, Drink Me, which judging from its sales, both ate it and sucked.

Now she's free to continue to be ignored, while Manson can move on to the next phase of his career, shocking people by e-mail.

NEWSDESK@METRONEWS.CA

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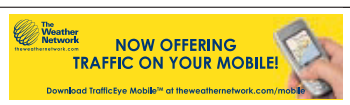
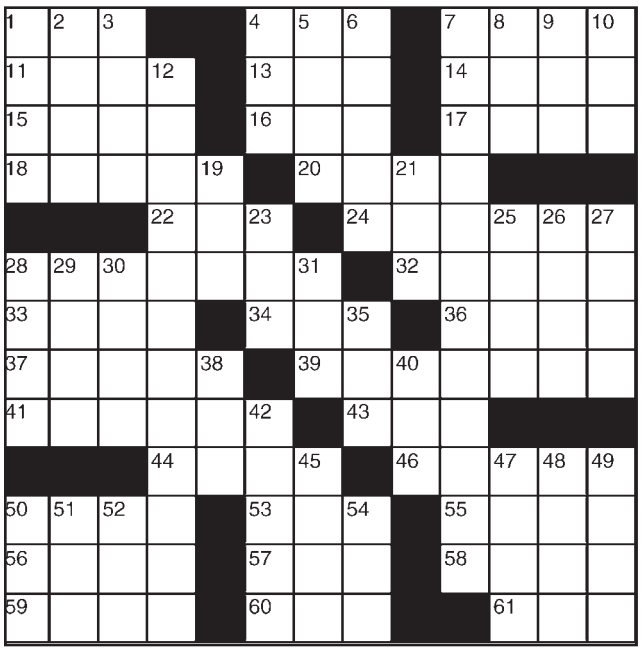
Today
Mainly sunny
7° / -6°

Tuesday
Variable
3° / -5°

Wednesday
Partly cloudy
7° / 1°



Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

					6	3		
			9	2		5		
6	2	7				9		
7			6		3		8	
	5						7	
	8		1		7			4
		1				4	5	2
		9		4	5			
		3	7					

Crossword across

1 Possess
4 Beast of burden
7 Frost
11 USPS delivery
13 Fun and games
14 Foot fraction
15 Capri or Wight
16 Scratch
17 Attend
18 Larceny
20 Netting
22 AAA job
24 Get smart
28 Sleepwear
32 Interruption
33 "Once — a time ..."
34 Jewel
36 Birds' home
37 Pinochle ploys
39 Worldly septet
41 Houston team
43 Friend
44 Egyptian goddess
46 Hook-nosed Muppet
50 Titanic vanquisher
53 Uppermost
55 Lumber
56 Provo's state ...
57 ... and its country
58 Beach stuff
59 Carry on
60 Pea house
61 Fellows

Crossword down

1 Leave out
2 Cleanse
3 Cleopatra's river
4 Upper limb
5 Line of fashion?
6 Threaded nail
7 Timeline points
8 Lennon's lady
9 Performance
10 Pi follower
12 On both sides
19 Huck's chum
21 Part of R.S.V.P.
23 "— the Dog"
25 Fencing prop
26 Cold War initials
27 Household critters
28 Cougar
29 Tarzan's clique
30 Shock somewhat
31 Wield a needle
35 Clear the decks
38 "Help!"
40 Run-down horse
42 Stop slouching
45 Mediocre
47 Ark builder
48 Region
49 Probability
50 Plant prickle
51 Timetable abbr.
52 Took off
54 Writing tablet

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

P	E	S	T	S	■	S	P	A	■	F	D	A
A	T	T	I	C	■	T	I	M	■	L	O	G
S	H	A	R	I	■	E	P	I	T	A	P	H
■	■	P	E	O	P	L	E	■	A	R	E	A
A	W	L	■	N	I	L	■	O	B	E	Y	S
D	E	E	D	■	C	A	M	E	L	■	■	■
S	T	R	E	A	K	■	A	R	E	T	H	A
■	■	■	C	R	Y	P	T	■	T	A	I	L
B	O	S	O	M	■	A	I	M	■	P	E	P
O	V	I	D	■	J	U	N	I	O	R	■	■
W	I	R	E	T	A	P	■	C	L	O	S	E
E	N	E	■	O	D	E	■	A	L	O	U	D
R	E	D	■	P	E	R	■	S	A	M	B	O

7	8	3	1	9	6	4	2	5
5	6	2	7	4	3	8	9	1
9	1	4	5	8	2	7	6	3
2	5	8	9	1	4	6	3	7
3	4	9	6	5	7	2	1	8
6	7	1	2	3	8	9	5	4
1	3	7	4	2	9	5	8	6
4	2	5	8	6	1	3	7	9
8	9	6	3	7	5	1	4	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Recipe of the day

Balsamic Veal Escalopes

INGREDIENTS:
1 lb (500 g) cherry tomatoes
1 tbsp (15 mL) olive oil
4 veal escalopes
2 oz (60 g) butter
2 tbsp (25 mL) balsamic vinegar
2 tbsp (25 mL) snipped fresh chives

METHOD:
1. Preheat oven to 350°F (180°C). Toss tomatoes in oil, then place in a roasting pan and bake for 12–15 minutes.
2. Meanwhile, lay out veal pieces between two sheets of plastic wrap. Using a meat mallet or heavy rolling pin, pound veal to flatten it.
3. Heat butter in a frying pan until it starts to foam, add veal and cook over a moderate heat for 2 minutes on each side, or until tender. Remove from the pan and set aside in a warm place.
4. Pour balsamic vinegar into the pan with buttery juices. Stir, then bring to boil. Cook sauce over a high heat for 5 minutes, or until sauce has reduced by half.
5. Return veal to the pan briefly to reheat, then sprinkle with chives before serving with cherry tomatoes.

PER SERVING
361 calories, 22 g total fat, 10 g saturated fat, 3 g carbohydrate, 2 g fibre, 38 g protein

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
An awful meeting will give you some good cheer. It's time to buy something old. A mature friend will do a favour for you.

TAURUS
APRIL 21-MAY 21
Worry evaporates when you start to make money. All shall be well sooner than expected. A missing person arrives after a problem is fixed.

GEMINI
MAY 22-JUNE 21
A hard worker stumbles while getting something done. A careless conflict can be resolved. A tranquil person is involved in a commotion.

CANCER
JUNE 22-JULY 22
An honourable person makes a suggestion. Be more lenient to help your cause. Someone will offer you money.

LEO
JULY 23-AUG 23
Being sweet will get you what you want. Inattentiveness will lead to harsh words. Increase your health insurance.

VIRGO
AUG 24-SEPT 22
A wardrobe malfunction could lead to embarrassment. A self-important fool's mistakes will create mirth. Be brave enough to do what needs doing.

LIBRA
SEPT 23-OCT 23
You'll perform some damage control. A spiritual person tries to influence an ill-mannered guy. Help out a resentful woman.

SCORPIO
OCT 24-NOV 22
A domestic man gets back to normal. You'll become a statistic if you don't pay attention. Your fondness grows for a low-key lackey.

SAGITTARIUS
NOV 23-DEC 21
A friend is going through a tough time. Your energy level increases and targets are met. Nature triumphs over nurture.

CAPRICORN
DEC 22-JAN 20
You'll find what you're looking for. Don't use deceit to get what you want. Say goodbye to a dreadful situation.

AQUARIUS
JAN 21-FEB 18
An awesome sight jogs somebody's memory. Something that was lost isn't needed. A good-for-nothing guy arrives with a smile.

PISCES
FEB 19-MARCH 20
Avoid someone who is mulling things over. A bad-tempered nuisance makes you livid. Visit the person who loves you the most.

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